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Welcome to the 8th issue, Volume 3, of **InfiniSynechis**, a publication of
Fearless Hearts Foundation

Foundation News & Updates

All Foundation News and Updates can be found on the foundation website

Conscious Living

The Fundamental Things

Practicing Compassion

What is compassion? Compassion means a deep feeling of wishing to alleviate the suffering of the other.

The two other words related to compassion are sympathy and empathy.

Sympathy is understanding the plight of another based on a previous experience. Empathy is the ability to place oneself in the shoes of another.

Neither sympathy nor empathy necessarily compel us to act.

Compassion in its true sense is the transcendence of both sympathy and empathy, and it does not necessarily result in visible action. If it does result in visible action, the resulting action is intelligent, not as a result of what we were taught but as feeling that comes from within. It does not push beyond one's capacity to help, nor does it infringe on the other person's boundaries.

Consider the following scenarios

A. You see a drowning person

Consider the case of a drowning person in the ocean or in the swimming pool. The lifeguard is an expert swimmer and would know how to save the drowning person. If you are someone who only knows how to swim but who is not an expert, you would be foolish to try to save the person drowning because that drowning person's first tendency is to cling to the person who is trying to save him.

Unless one is an expert swimmer, there is a great possibility of both of them drowning.

If the one who is doing the rescue is on a boat, that person throws a raft but does not go with the raft. They throw the raft to the persons in the water and it is tugged safely to the shore.

B. You observe the grief of a person who just lost a loved one

We all have been put through the test of being able to console another who has lost a loved one.

No matter what we do or say which we think will make the other feel better, it can not substitute for allowing the person to make the decisions on their own.

For example we cannot push a grieving person to eat.

If a person is hungry, he or she has to make the decision to eat or not.

After the decision is made, that person actually has to eat the food.

The same is true of every emotion. Anger for a lost partner, job, a devastating illness. There are some events that are beyond one's control which results in suffering.

It is so much easier for us to offer solutions as that is our first impulse but even if we have been through the same situation before, we cannot really "know" how they feel.

We think that we are helping the other person when we do so and our egos become inflated with the thought that we helped someone but that is a conditioned reflex. Our egos want the "Thank you for helping me" part. It makes us happy because we "helped" another person but part of intelligent compassion is simply being there.

We can not really help another human being, just as we can not really "teach" another person. We can show them the means to find their way but we can not really ask them to take it.

It is much harder to empower another human being than it is to offer food, money, advice of all sorts.

When situations arise, we can simply listen and let be. No judgments necessary either for ourselves (Did we help enough?) or for others. Human kindness is embedded in our beings.

Suggested Reading

What Is Compassion?

<https://greatergood.berkeley.edu/topic/compassion/definition>

Leadership Strategy Forbes Magazine

Four Reasons Why Compassion Is Better For Humanity Than Empathy

<https://www.forbes.com/sites/rasmushougard/2020/07/08/four-reasons-why-compassion-is-better-for-humanity-than-empathy/>

Philanthropy

Notable Philanthropists

John and Ann Doerr of California donated \$ 1.1 Billion USD to Stamford University, the largest gift in its history

<https://www.forbes.com/sites/michaeltietzel/2022/05/04/stanford-university-announces-largest-gift-in-its-history11-billion-from-john-and-ann-doerr/?sh=7a86ff6d14e6>

Business Insights*

Fundamentals of Being in Business

We have created a dot com website dedicated to uplifting the human spirit, as well as educational materials related to business.

<https://fearlessheartsfoundation.com>

On life work balance:

Life is a multitude of activities all of it comprising the whole. As long as we maintain a balance between work, family and friends, we will do fine.

We need money to provide for our families and for that we work. We need love to sustain us in difficult times. For that we rely on our families and friends.

Business Ideas:

*There are free courses on learning platforms
These four free personal finance courses can set you up for financial success in three hours or less*

<https://www.cnbc.com/select/free-personal-finance-courses/>

Commentary

As long as we do our best with the task at hand, no matter what it is, be it the simplest job or running a major corporation or a country, if we do it with joy, we are contributing to the general wellness of the whole.

Fundraising Announcement

*Fearless Hearts Foundation is a public charity and welcomes any donation.
To donate click on the web link below*

<https://fearlessheartsfoundation.org/donate>

Feedback

We welcome your feedback on this newsletter and if there are topics regarding conscious living, business insights or philanthropy that you would like to write about you are welcome to send it to us for a review. Please send your comments/feedback to us at fhfinusa@gmail.com